

Summer KARATE

Ages 3-14

July 8-August 26

Grandmaster Steve Nugent and his staff of experts will teach the basics and beyond to children as young as 3 and to young teens up to age 14.

Tuition includes a Karate uniform and belt as well as all future belts, stripes and patches earned

ALL CLASSES ARE ON WEDNESDAYS

at The Beech Street Center (266 Beech St, Belmont, MA)

\$220. for this 10 week session

LITTLE DRAGONS ages 3 & 4

A fun-filled 30 minute class focusing on listening, balance, gross motor skills, basic stances and FUN!

4:30-5 p.m.

LITTLE NINJAS ages 5-7

A 45 minute class concentrating on proper form, punches, blocks and kicks. Stretching, concentration, attitude and discipline are always stressed. Stranger awareness, fire safety and nutrition are also taught.

5-5:45 pm

JUNIORS ages 8-14

A 45 minute class that gets into a deeper understanding of techniques and forms. In addition to Karate, the class stresses the importance of academic achievement and exercise as a way of life

5:45-6:30 pm

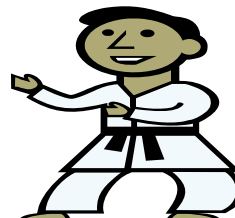
Please complete **BOTH SIDES (new participants only)** and return this form to Belmont Recreation Dept.
PO Box 56, Belmont MA 02478

Remember to make your check payable to STEVE NUGENT'S KARATE INSTITUTE

Participant Name _____ Age _____ Date of Birth _____

Address _____ Primary Phone _____

Alternate Phone _____ Email Address _____



Steve Nugent's Karate

Last name_____ First name_____

Address_____

City_____ State_____ Zip_____

Father's name_____ Ph._____

Mother's name_____ Ph._____

Child's birth date____/____/____

E Mail_____

How did you hear about SNKI?_____

Has your child studied martial arts before?_____

If so, where?_____

Does your child have any physical challenges?_____

Is your child taking any prescription meds?_____

Does your child have any allergies?_____

If yes, what are they?_____

What are your child's average school grades? Please circle:

Below average

Average

Above average

Describe your child's personality: (circle a number. 0 being the lowest, 10 being the highest)

Attention Span 0 1 2 3 4 5 6 7 8 9 10

Follows Rules 0 1 2 3 4 5 6 7 8 9 10

Relates to peers 0 1 2 3 4 5 6 7 8 9 10

If your child were in Martial Arts training now, what would you like to

see them achieve? __Strength __Confidence __Self Defense

__Weight Loss __Attention __Self Control __Focus

__Better Grades __Flexibility __Speed __Balance

I recognize and acknowledge that there is a known risk of injury involved in participation of Karate. I agree to assume all risk and agree that Steve Nugent's Karate Institute Inc. will not be held liable for any damages not caused by or resulting from the negligence of the owners, operators, agents, or persons in charge of such establishment, or servants or employees. I also understand that I or my child does not have to participate in any activity or training that I or he/she does not feel is in their best interest.

Signature of Parent_____ Date_____